

the senior pipeline



November 2020

Ask the Pharmacist
Drive-thru Veteran's Event
Grab & Gobble



Hurst Senior Activities Center

700 Heritage Cr.
Hurst, TX 76053
817.788.7710
<http://hursttx.gov/hsac>

Operating Hours

The Senior Center is currently closed.
Re-opening is yet to be determined.
Please see inside for details on our new Virtual Programs.

Get connected with HSAC!



See inside for the calendar of events and programs.

Find us, like us, and share us on FaceBook:
[@HurstSeniorActivitiesCenter](#)

the senior pipeline

Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Walking Group

We'll meet at the front of the Senior Center and walk at the Hurst Community Park, located behind HSAC. Walk at your own pace. While we try to walk at least two miles, the mileage is up to you. Feel free to return to the HSAC where your car is conveniently parked at anytime during the walk.

92096 // M // 4p // FREE

92094 // F // 11a // FREE

Fun & Fitness for 55+

Customizable group fitness workout with exercises that can be performed standing and/or sitting. Prepare your space with room to move, weights, and water.

Instructor: Rosy Pritchett

92091 // M // 9 - 9:45a // FREE

92090 // W // 12 - 12:45p // FREE

Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for all fitness levels from beginners to advanced. Class features easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Instructor: Rosy Pritchett

92095 // F // 9 - 9:45a // FREE

Chair Yoga

Yoga with modifications. While seated on chairs, students will do twists, hip stretches, forward bends, mild backbends and other poses. Keep a water bottle near.

Instructor: Debbie Melchiorre

92092 // T // 1 - 1:45p // FREE

Gentle Yoga

Class focuses on releasing tension, connecting the body and the breath while helping students gain strength, flexibility and balance through a series of reclining, seated and standing poses. Students can expect a well rounded and safe practice of basic ha-tha with modifications to accommodate all levels of yoga students.

Whether you are a beginner or a seasoned yogi you will feel relaxed, renewed and re-energized!

Instructor: Debbie Melchiorre

92093 // TH // 1 - 2p // FREE

Ask the Pharmacist

Learn about current trending topics related to drugs, health and wellness. Sponsored by Mid-Cities Pharmacy.

Instructor: Aemad Aslam

94097 // TH 11/12 // 10 - 10:30a

Premier Global Tours Presents Travel for 2021

We've all been confined for most of 2020, so let's start thinking ahead with where you can go in 2021. Birona will share some of the exciting trips that they are putting together for next year. Trips will include evening outings, day excursions, weekend getaways, extended vacations, and more. Participants will attend this meeting via Zoom.

94104 // M 11/9 // 11 - 12p

Virtually connect with HSAC!

All classes meet via Zoom meetings

Blue Cross Blue Shield of Texas with Claudia

At Blue Cross & Blue Shield of Texas, we're here to provide you with the right information to help you better understand Medicare. How does Medicare work? There are four parts to Medicare, each providing different types of health care services. I will review Parts A, B, C and D. Also, Medicare Supplement Insurance Optional coverage helps to pay for expenses beyond what is covered by Medicare. There are several Medicare Supplement insurance plans, each with different benefits and premiums, I will review your options. Sponsored by Claudia Garcia, Blue Cross Blue Shield of Texas

Instructor: Claudia Garcia
94102 // T 11/17 // 10 - 11a

Dr. Leigh Johnson UNTHSC

Dr. Leigh Johnson from the UNT Health Science Center will be sharing a special presentation on Alzheimer's Disease. Expect to learn what we know and what's next through this overview of the disease symptoms and causes. You will also learn about developments in Alzheimer's research and the role of precision medicine in the disease.

Instructor: Dr. Leigh Johnson
94103 // T 11/10 // 10 - 11a

Battling the Aging Brain

Similar to other parts of the body, the human brain tends to become less agile as people get older. Learn about the changes you can expect and how to keep your brain healthy. Sponsored by: Humana

Instructor: Catherine Moreno
94105 // F 11/13 // 10 - 11a

Open Enrollment Information Meetings

It's Medicare Open Enrollment season. Join one of these virtual meetings to get the information you need to determine the right plan for you.

94106 // W 11/04 // 10 - 11a	United Healthcare Plan	Marie Veneralle, Golden Outlook
94107 // TH 11/05 // 10a - 11a	Care-n-Care Plan	Celia Neyra, Nations Insurance
94108 // W 11/11 // 10 - 11a	Care-n-Care Plan	Marie Veneralle, Golden Outlook
94109 // TH 11/12 // 4-5p	United Healthcare Plan	Celia Neyra, Nations Insurance
94110 // M 11/16 // 11a-12p	Aetna Plan	Celia Neyra, Nations Insurance

November 2020

Monday

Tuesday

Wednesday

2

9:00 Fun & Fitness for 55+
3:00 Learn to Zoom
4:00 Walking Group

3

1:00 Chair Yoga

4

10:00 United Healthcare Community Mtg
12:00 Fun & Fitness for 55+

9

9:00 Fun & Fitness for 55+
11:00 Premier Global Tours Presents
4:00 Walking Group

10

10:00 Dr. Leigh Johnson UNTHSC
1:00 Chair Yoga

11

10:00 Care n Care Community Meeting
12:00 Fun & Fitness for 55+

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9:00 Fun & Fitness for 55+
11:00 Aetna Health Plan
3:00 Book Club
4:00 Walking Group

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10:00 Blue Cross Blue Shield of Texas
1:00 Chair Yoga
3:00 What's Cooking

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12:00 Fun & Fitness for 55+
2:00 Make a Craft from a Kit

23

9:00 Fun & Fitness for 55+
4:00 Walking Group

24

1:00 Chair Yoga

25

12:00 Fun & Fitness for 55+

30

9:00 Fun & Fitness for 55+
4:00 Walking Group

Notary Public

**Need something notarized?
 Service is free with a valid HSAC
 membership. Appointment is
 required. Call (817) 788-7710
 to schedule.**

Thursday

Friday

5

10:00 Care n Care Plan

11:00 Art Addicts

1:00 Gentle Yoga

6

9:00 Zumba Gold

11:00 Walking Group

2:00 Veteran's Drive-Thru Parade

12

10:00 Ask the Pharmacist

11:00 Art Addicts

1:00 Gentle Yoga

4:00 United Healthcare Plan

13

9:00 Zumba Gold

10:00 Battling the Aging Brain

11:00 Walking Group

19

11:00 Art Addicts

1:00 Gentle Yoga

20

9:00 Zumba Gold

11:00 Walking Group

2:00 Grab & Gobble Drive-thru

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All Classes and Activities cancelled

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All Classes and Activities cancelled



November Sponsors



Dave Parks, Owner

Tina Thompson, Director of Business Dev.

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Book Club

Each month we meet to discuss a book we have all read, share our opinions, and likes and dislikes of the book.

Discuss: Inheritance, A Memoir of Genealogy, paternity and Love by Dani Shaprio

Read: A Redbird Christmas by Fannie Flagg

Instructor: Tammy McDonald
94078 // M 11/16 // 3 - 4p

Art Addicts/Coloring Therapy

No rules or instructions, just Zoom in and work on your project while visiting with others.

Instructor: Michelle Varley
91099 // TH // 11a - 12p

Learn to Zoom

Zoom classes are very much like in-person classes, but everything happens via videoconferencing rather than everyone meeting in the same room. Just like a “live class,” a Zoom class takes place in real time. The only technical requirement for a Zoom class is a device (computer, tablet, phone) and good wifi. If you don’t have good wifi, there is also a call-in option. This class is all about helping you learn to Zoom, to get connected and to “Join a Meeting.” Staff will be available via phone to walk you through set up on your device. A live meeting be open so you can test how it works and we will share tips on how to get the most out of the virtual meeting experience. You will be Zooming in no time!

Instructor: Michelle Varley/Laura Gore
94111 // M 11/02 // 3 - 4p

What's Cooking

Come to this Zoom meeting and we’ll get cooking together. You will need to purchase your ingredients ahead of time. The recipe will be provided after you have registered for the class. On the day of class, just prepare the recipe in your kitchen as you follow along with the class facilitator. This first recipe may seem weird, but Michelle has tested, tried and LOVED these brownies. Bonus with this recipe...you sneak in a vegetable!

Ingredients for Spinach Brownies:

- | | |
|-----------------|----------------|
| Spinach | Creamy peanut |
| Brown sugar | butter |
| Salted butter | Powdered sugar |
| Chocolate chips | Milk |
| Vanilla extract | |
| Cocoa powder | |
| Flour | |
| Baking powder | |

Instructor: Michelle Varley/Tammy McDonald
95102 // T 11/17 // 3 - 4p

Make a Craft from a Kit

Feeling crafty? We’ve put together a simple craft project kit for you to do. Each month will feature a new project. The kit will include all the “ingredients,” you will just need to have tools such as scissors, tape, etc. Register for the kit in advance and we will notify you when it’s ready for pick up.

Project of the Month: Toilet Paper Pumpkin
Instructor: Michelle Varley
91100 // W 11/18 // 2p // \$5

Contactless Events & Services

Just pull through the driveway at the front of the Senior Center

Veteran's Drive-Thru Parade

Join us as we honor our Veterans with a special drive-thru event. Expect to see lots of flags waving at the HSAC and enjoy vocal artist Tina Thompson sing songs of patriotism as you drive through to receive a bag of goodies. Attendees must remain in their cars at all times, but be sure to pause for a quick photo shoot.

Sponsored By: Home Care Assistance and Lucas Funeral Home

95103 // F 11/6 // 2 - 3:00p
Come and go...no stopping

HSAC Street Visit

The staff of HSAC will be on your street doing a friendly drive by to wave and say hello! Be sure to register if you would like to receive a visit. We'll call you to schedule a time for the visit. You can register online or call 817-788-7710, and one of the staff can help you.

HSAC Staff
95105 // By Appointment

Grab & Gobble

It's turkey time! Come to this contactless, drive-thru event to receive a FREE grab and gobble bag of goodies. We kindly request that you register in advance if you plan to drive-thru. Please wear a mask and stay in your car at all times.

Sponsored By: Celia Neyra, Nations Insurance Solutions
95104 // F 11/20 // 2 - 3p

Book & Puzzle Exchange

Got puzzles or books you have read or worked and want to trade? Bring them to the HSAC and exchange for a different one.

Exchange Hours
Monday—Thursday
10a—3p



Battery Recycling Program

Have batteries you need to discard? Bring them to HSAC and drop them into the battery container located at the front door.

Drop Off Hours:
Monday—Thursday
10a—3p





COVID-19 Reminders:

- Stay home if you feel sick, have a fever, are coughing, have difficulty breathing, or if in the last two weeks you have been in close contact with a person with a suspected or confirmed case of COVID-19.
- Wash or disinfect hands upon entering the facility and after any interaction with employees, other patrons, or items in the facility.
- Maintain at least 6 feet of separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- Persons feeling feverish or with a measured temperature greater than or equal to 100 degrees Fahrenheit should seek medical attention.
- When/if you go out, wear a mask or face covering.

All advertised classes will meet via Zoom, with the exception of the Group Walk. A meeting ID and password are required in order to participate. To receive the meeting ID and password, please register for each class online or by calling the Hurst Senior Center at (817) 788-7710.

Your participation in the virtual classes will be counted as a visit to the Senior Center. If you are a SilverSneaker, Renew Active or Silver & Fit member, your virtual visit will be reported to your 3rd party insurance partner and the Senior Center will receive compensation.

While we are offering classes for free, there are costs associated with them such as paying the instructor, Zoom meeting fees, personnel salaries and facility costs. Should you desire to assist with covering these costs, a \$3 per class fee is suggested. Payment can be remitted at the time of class registration or by calling the Senior Center.